

PALMS RETREAT PACKAGES

Pamper Express

R870

Back, neck & shoulder massage
Babor calming sensitive facial
Snack platter, wine or juice
Gift bag.

Relaxation Delight

R950

Sauna
Luxury Back, neck & shoulder massage
Head Massage
Luxury Reflexology Massage
Fruit platter, wine or juice
Gift bag.

Palms Deluxe

R1390

Back, neck & shoulder massage
Babor calming sensitive facial
Spa manicure
Body exfoliation
Snack platter, wine or juice
Gift bag.

Palms Retreat Deluxe

R1700

Full body massage
Babor advanced biogen facial
Spa manicure and pedicure
Body exfoliation
Snack platter, wine or juice
Gift bag.

Pevoonia Journey

R1300

Welcome drink
Foot Ritual

[Your feet are immersed in an aromatic bath filled with Eucalyptus, French Sea Salt and Pine Essential Oil. Scrubbed and massaged.]

Dessert Heat Body Wrap

[Refines skin, Healing, Anti-stress]

Full Body Massage

[With Micro-Emulsified Oil, Anti-stress, calms & soothes]

Fruit Platter, wine or juice



PALMS RETREAT
WELLNESS SPA



For more information and bookings:

Tel: 018 386 1050

or dial 1740 from Mmabatho Palms room

Email: WSpa@mmabathopalms.co.za

2020

*Feel your best,
Be your best!*



MASSAGE THERAPIES

Full body massage [with oil]	60 mins	R350
Back, neck & shoulders [with oil]	30 mins	R200
Stress elimination massage [full body]	60 mins	R400
<i>The 2-in-1 massage! [With added skin hydration obtained via micro-emulsified oil]</i>		
Luxury Back, neck & shoulders	30 mins	R240
<i>The 2-in-1 massage! [With added skin hydration obtained via micro-emulsified oil]</i>		
Head Massage [scalp]	30 mins	R150
Scalp and hair treatment		R120
<i>[Treats itchy scalp, dandruff, eczema & psoriasis]</i>		
Reflexology massage [foot]	30 mins	R180
Luxury Reflexology massage	30 mins	R200
Hot stone therapy	30/60 mins	R240/400



pevonia[®]

Natural ingredients. Professional results.

BODY TREATMENTS and WRAPS

Body exfoliation		R190
Infrared sauna	30 mins	R 90
Aromatic Moor wrap	60 mins	R450
<i>[Tension relieving, anti-fatigue, relieves muscular aches & painful joints, treats rheumatism]</i>		
Green Coffee Cellu-smooth wrap	60 mins	R480
<i>[Slimming & toning, visibly reducing cellulite. Enhances skin's texture, increases metabolism, eliminates toxins, stimulates breaking down of fat cells]</i>		
Dessert Heat wrap	60 mins	R550
<i>[Refines skin mineralizing, healing, anti-stress]</i>		
Tropical Oasis Yoghurt wrap	60 mins	R650
<i>[Repairing, firming, brightening & rejuvenating: Anti-aging must!]</i>		
Lumafirm wrap	90 mins	R1100
<i>[Firm, glow & go! Look youthful and radiant.]</i>		
Cool Leg wrap		R160

HANDS and FEET

Basic spa manicure	60 mins	R180
<i>[Soak, scrub, nail & cuticle care, massage, includes normal varnish]</i>		
Pevonia manicure	60 mins	R210
<i>[As with the basic spa manicure, but with micro-emulsified oil]</i>		
Basic spa pedicure	60 mins	R200
<i>[Soak, scrub, dry skin removal, nail & cuticle care, massage, includes normal varnish]</i>		
Pevonia pedicure	60 mins	R250
<i>[Soak, scrub, dry skin removal, nail & cuticle care, massage, includes normal varnish]</i>		
Callo Peel Foot Treatment	45 mins	R250
<i>[Peel is applied on heels. Feet are immersed in an aromatic whirlpool of eucalyptus, French sea salt & pine essential oil. Nail and cuticle care]</i>		

Please note: We do NOT apply gel or acrylic to nails



FACIAL TREATMENTS

[each treatment is 60 mins]

Babor advanced biogen [anti-aging]	R560
Babor calming sensitive [sensitive skin]	R530
Babor pure face [acne & blemish]	R530
Babor energy release [for men]	R530
Doctor Babor skin renewal [Blemishes, hyperpigmentation, lines & wrinkles]	R680



BABOR FACIAL R740

with DERMABRATION

An effective skin exfoliation for a deep cleanse. Removes dead skin cells, rough, flaky skin, black heads and also prevents oily skin.

BABOR FACIAL R800

with ELECTROPORATION

An electroporation head for applying anti-aging treatment with **Sorisa DermActiv Cosmetics**, supplied in a disposable roll-on and specifically designed for this procedure in the electroporation process, the modulated medium frequency [MMF] currents open temporary micropores, which enable the cosmetics to penetrate different skin moisturizing, vascular microstimulation of the skin and has anti-aging effects that are obtained in just a few sessions, prevents and reduces lines and wrinkles.

Dermabration only	R280
Electroporation only	R350
Cryotherapy only	R280
Electroporation neck only	R180

